



PUBLIC HEALTH FACT SHEET

Isolation and Quarantine

Public health officials use many methods to control the spread of infectious disease. Two of these methods are isolation and quarantine. Both methods aim to control exposure to infectious disease.

Isolation is for people who are sick with an infectious disease.

- Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.
- Isolation is a routine procedure in hospitals and healthcare facilities.
- Isolation allows healthcare professionals to provide specialized medical treatment for sick people in the hospital, in a healthcare facility or at home.
- Isolation is voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

Quarantine is for people who have been exposed to an infectious disease, but are *not* sick.

- Quarantine separates and restricts the movement of people who have been exposed to an infectious agent and may become infectious.
- Quarantined people *may* or *may not* become sick.
- Quarantined people may stay at home so they don't spread disease to healthy people.
- If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.
- Quarantine is voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to a contagious disease.

For More Information Contact

- Your healthcare provider
- The New Jersey Department of Health and Senior Services website at www.nj.gov/health
- Your local department of health www.nj.gov/health/lh/directory/lhdselectcounty.htm
- The CDC website at <http://www.cdc.gov/ncidod/sars/isolationquarantine.htm>
- The New Jersey Dept. of Health and Senior Services, Communicable Disease Service at (609) 588-7500.

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